



The Southwester

www.thesouthwester.com

Serving the Southwest and Capitol Riverfront Communities

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The Southwester goes online

The Southwester newspaper is now available online at www.thesouthwester.com in addition to the print edition. Along with the same stories and photos found in the monthly edition there will be additional breaking news, photos and video exclusive to the website.

After a long history as a print-only paper the Southwest Neighborhood Assembly and South-

wester staff are excited to expand news coverage online. However, they can't do it alone. If you or someone you know is interested in helping The Southwester expand online contact editor@thesouthwester.com.

Amidon-Bowen begins the school year with a variety of programs and activities

By Meg Brinckman

“Back to School Night” on Sept. 6 gave parents an opportunity to visit classrooms in a relaxed “Open House” atmosphere. Many expressed the opinion that it was easier to accommodate the many different schedules of working parents. As they entered the school snacks were available and parents could choose from a selection of backpacks that had been donated by COSTCO Wholesalers, The Department of Transportation and by the owners and residents of Harbour Square Co-op. Harbour Square also purchased uniforms so that all students can wear the gray and blue of the school. Parents are urged to get in touch with school office if they are still in need of backpacks or school uniforms.

Another feature of the “Back to School” event was the presence of the “Early Stages”, the DCPS program for children 3 to 5 years old. A representative was on hand to acquaint parents with the need to identify developmental delays in children and the availability of services to help every child learn when they enter school. Parents



Photo by Meg Brinckman

Amidon Bowen fifth grade students take a look at the pins on a military jacket and learn what they mean during a trip to the U. S. Army's Spirit of America show in September.

can ask for their child to be evaluated and for a Family Care Coordinator to be assigned who will act as a mentor through the process and when the child enters the school system. The Center can be contacted at 202-698-8037 or on the website at www.earlystagesdc.org.

On Sept. 9, Ms. Huge's and Ms. Worthington's fifth grades attended the U.S. Army's Spirit of America, a patriotic live-action show at the Verizon Center. The show captures 236 years of military history through the telling of true soldier's stories and the presentation of music by the Army Old Guard Fife and Drum Corps, the Army Drill Team and other musical organizations including the popular Downrange and Army Blues. Joint Base Ft. Myer-Henderson Hall provided tickets and transportation.

The second grade classes of Ms. Oberski and Ms. Wall headed to the fire station on 425 Sixth St., SW on Sept. 28. Classes got a tour of the station and learned about what good citizens do for our community.

In October the third grade classes will visit the Japanese Embassy. They visited the Bureau of Engraving in September.



A WMATA bus trainer and Southwester Meg Brinckman, Carolyn Mitchell and Barbara Ehrlich stand with the new 74 Metro Bus sits on display outside the Southwest Safeway. These new buses are hybrid-electric.

Photo by Perry Klein

Metro launches 74 bus route, ends Southwest Circulator

By Erin Fitzgerald

Metro has begun service on the new 74 bus route that connects Southwest to the Convention Center. The service is meant to replace the service lost by ending the Circulator service that connected the Waterfront to the Convention Center.

The 74 bus route began on Sept. 25. The Convention Center-Southwest Waterfront route ended Oct. 3.

With the addition of the 74 route comes the shortening of the 70 route. That bus, which previously ran from Silver Spring to Southwest, will now run from Silver Spring to Archives and will not continue on to Southwest.

On weekdays the 74 bus will run on a loop and have stops at Half and O streets, SW; V and Second streets, SW at Buzzard Point; Seventh and E streets, SW at L'Enfant Plaza; Seventh Street and Pennsylvania Avenue, NW; and K and Sixth streets, NW. Not every bus will stop at V and Second streets, SW (Buzzard Point). Those which do will read “Buzzard Point-Convention

Center” on the front bus sign, those which don't will read “Half & O SW-Convention Center.”

Weekday buses will run on average every 18 minutes during rush-hour.

Weekend service will not include a stop at V and Second streets, SW (Buzzard Point) and will run on average every 24 minutes. The route will run from 5 a.m. to 1 a.m. daily.

The end of the Convention Center-Southwest Waterfront Circulator route means bus patrons will no longer have the option of a \$1 bus toward the Convention Center. The 74 route will be cost the standard Metrobus fare: \$1.50 for SmarTrip users, \$1.70 with cash, 75 cents for seniors using SmarTrip, 85 cents for seniors using cash and 75 cents for those with disabilities using SmarTrip or cash.

With the elimination of Southwest's Circulator route comes additional changes for the Circulator system. A new route has been added east of the Anacostia River. The first Circulator route east of the river runs from the Potomac Ave

Continued on Page 11

Local Government and Organizations

ANC 6D: Highlights from the monthly meeting

By Tiffany Klaff

Following August's summer break from meeting, the Advisory Neighborhood Commission (ANC) 6D reconvened on Sept. 12. After taking care of some housekeeping, the Commission moved on to the bigger agenda items: the redistricting of the single member districts (SMDs) and the renaming of the Waterfront-SEU and Navy Yard Metro stations.

SMD Redistricting

The Ward 6 Redistricting Task Force submitted their initial proposal to the District Office of Planning early in September. At this meeting, the ANC expressed opposition to the Task Force's map in favor of retaining more of the current boundaries and submitted an alternate map.

Each SMD in the District is required to have approximately 2000 residents, not to exceed 5% more or less (minimum of 1900 and maximum of 2100).

The Ward 6 Redistricting Task Force will now vote on the new ANC proposed map.

Metro Station Name Changes

Later, the meeting turned to discussing WMATA's possible renaming of both the Waterfront-SEU Metro station and the Navy Yard station. DDOT's Steve Strauss, Special Advisor on WMATA and regional transportation, explained to the Commissioners and attendees WMATA's policies and procedures for making station name changes. WMATA sets parameters on the number of characters, including dashes and spaces, for instance. This is because the new 7000-series rail car signs are limited to 19 characters. However, for transfer stations, the character limit is 13.

Considering that Southeastern University is now closed, it is expected that SEU would be removed from the Waterfront Metro station name. The ANC recommended this change, then moved on to a discussion surrounding replacing "SEU" in the title with "Arena Stage." Arena's Stage had already sent a letter requesting their name be added after "Waterfront." The ANC passed this resolution, with a secondary suggestion of changing the station name to SW Waterfront, if WMATA does not agree to the first choice proposal, which exceeds the 19-character limit.

There were also some suggestions to change

the Navy Yard station name. Back in 2010, the Commission passed a resolution to add "Capitol Riverfront" to the station name as well as the National's logo—the curly "W". Tonight, the Commission remade the motion. A representative from the Nationals attending the meeting to promote including the team logo, the curly "W,"—also the official logo of building housing Nationals Park that is owned by the District—in the metro station name. Stating that it would drive fans to the ball park and promote the use of mass transit, he also noted the same team logo was already used on Federal Highway Administration signs. Other suggestions included add-

ing the words "Ball Park" to the existing name. The Commission decided to endorse adding the Nationals team logo, with a secondary suggestion of changing the station name to "Navy Yard-Ball Park," in the case that WMATA rejected the first choice.

The next regular business meeting of ANC 6D will be on Mon., Oct. 17 at 7 p.m. Location: District Department of Consumer and Regulatory Affairs (DCRA) office, 1100 Fourth St., SW, 2nd floor. For additional information or to get the meeting's agenda ahead of time, visit the ANC 6D website at <http://www.anc6d.org>

Community Calendar

OCTOBER

FRI. 7 3:30 P.M. Literary Scavenger Hunt, Southwest Library, 900 Wesley Pl., SW

6:30 P.M. Potluck and game night, St. Augustine's Church, 600 M St. SW

SAT. 8 9 A.M. YaLa Dance with Laurent Amzallag, 700 Water St., SW at 7th Street Landing

10 A.M. Flow Yoga with Jessica Weiss, 700 Water St., SW at 7th Street Landing

MON. 10 Columbus Day

WED. 12 6:30 P.M. Creative Writing workshop for teens, Southwest Library, 900 Wesley Pl., SW

SAT. 15 9 A.M. YaLa Dance with Laurent Amzallag, 700 Water St., SW at 7th Street Landing

10 A.M. Flow Yoga with Jessica Weiss, 700 Water St., SW at 7th Street Landing

MON. 17 7 P.M. Advisory Neighborhood Commission meeting, St. Augustine's Church, 600 M St. SW

WED. 19 12 P.M. AARP-Southwest Waterfront Chapter 4751 luncheon, speaker Mr. Courtney Williams, DC Department of Aging will discuss services they provide. Current AARP members as well as new members are welcome to attend. River Park Mutual Homes community room, 1311 Delaware Ave., SW. For further information, contact Chapter President Evelyn Dorsey, Dorseydear@aol.com or 202-488-9685.

WED. 19 6:30 P.M. Creative Writing workshop for teens, Southwest Library, 900 Wesley Pl., SW

6:30 P.M. Southwest writer's workshop, Southwest Library, 900 Wesley Pl., SW

SAT. 22 9 A.M. YaLa Dance with Laurent Amzallag, 700 Water St., SW at 7th Street Landing

10 A.M. Flow Yoga with Jessica Weiss, 700 Water St., SW at 7th Street Landing

WED. 26 6:30 P.M. Creative Writing workshop for teens, Southwest Library, 900 Wesley Pl., SW

9 A.M. YaLa Dance with Laurent Amzallag, 700 Water St., SW at 7th Street Landing

10 A.M. Flow Yoga with Jessica Weiss, 700 Water St., SW at 7th Street Landing

SAT. 29 9 A.M. Capitol Riverfront Community Planting Day, hosted by Capitol Riverfront BID and the US Green Building Council NCR Emerging Professionals. Meet at the parking lot at M Street and 2nd Street SE. RSVP at www.usgbcnrc.org/_events.

1 P.M. Kitchen Table Book Group. This month's selection is *The Autobiography of Malcolm X*, Southwest Library, 900 Wesley Pl., SW.

SUN. 30 2 P.M. Galilee AME Church, worshipping at St. Augustine's Episcopal Church, celebrates its 18 Anniversary. All are Welcome. 600 M Street, S.W.

MON. 31 Halloween

WEEKLY, BIWEEKLY

TEEN BOOK CLUB Southwest Library, 900 Wesley Pl., SW, every other Tuesday, 4 p.m.

GRAPHIC NOVEL READ-IN Southwest Library, 900 Wesley Pl., SW, every other Thursday, 4 p.m.

PRESCHOOL STORY TIME, Southwest Library, 900 Wesley Pl., SW, every Tuesday and Thursday, 10:30 a.m.

THE KIWANIS CLUB OF SOUTHWEST WATERFRONT, Christ United Methodist Church, 900 Fourth St. SW, every first and third Monday from 6:30 p.m.-7:30 p.m.

MONDAY EVENING FILMS, Southwest Library, 900 Wesley Pl., SW, every Monday, 6:30 p.m. Experience a different cinematic treat every week. Call 202-724-4752 for movie titles. All ages.

COMPUTER CLASSES FOR ADULTS, Southwest Library, 900 Wesley Pl. SW, every Thursday, 10 a.m.-noon. Oct. 6: Email basics, Oct 13: Microsoft Word, Oct 20: Microsoft Excel, Oct 27: Microsoft Powerpoint, Nov. 3: Introduction to Personal Computers.

THE SOUTH WASHINGTON WEST OF THE RIVER FATHERHOOD PROGRAM, St. Augustine's Church, 600 M St., SW, Tuesday and Thursday evenings. For more information, call Alphonso Coles at (202) 870-1885.

SOUTHWEST SEWING GROUP, Mondays, 9:30 a.m.-2:30 p.m., St. Augustine's Church, 600 M St. SW. Contact Willie Mae Stukes, sewing

teacher, at (301) 445-1792. Open to all interested in working on their own sewing projects and updating their hand and/or machine sewing skills. Mondays, except for July and August.

SOUTHWEST RENEWAL AA, Alcoholics Anonymous group, Mondays, 8:30 p.m., St. Augustine's Church, 600 M St., SW, (202) 554-3222.

SW FREEWAY NA, Narcotics Anonymous group, Wednesdays, 7 p.m.-8 p.m., Westminster Presbyterian Church, 400 I St., SW (202) 484-7700.

HAND DANCING CLASSES, Jitter bug, lindy hop. Saturdays, 12 p.m.-1 p.m. Classes by Markus Smith of Swing Anatomy Dance. \$10/class for adults, \$5/class for children ages 8-17. Christ United Methodist community room off Wesley Pl., SW.

HAIKU TO HIP HOP, creative writing workshop Wednesdays, 6:30 p.m. For ages 12 through 19, Southwest Library, 900 Wesley Pl., SW. For all levels, even beginners. PLEASE NOTE THAT THE SOUTHWEST LIBRARY CLOSES FOR RENOVATIONS SEPT. 12 AND IS SET TO REOPEN MON., OCT. 3.

CHESS CLUB, Southwest Library main room, 900 Wesley Pl., Wednesday, 6:30 p.m. (Sept. 7 only date this month, resumes on Oct. 5). For all levels.

BLUES MONDAYS, 6 p.m.-9 p.m. Various blues musicians and singers featured each Monday, \$5. Food for sale, SW Westminster Presbyterian Church, 400 I (Eye) St., SW (202) 484-7700.

WELLNESS WEDNESDAYS, 4 p.m. Seated yoga and healing sessions (Pamela Wilson and Riva Wine), 5:30 p.m. Laughter yoga (Claire Trivedi), 7 p.m. Sampoorna yoga (Alex Rosen). Free with donations welcome, Westminster Presbyterian Church, 400 I (Eye) St., SW (202) 484-7700.

JAZZ NIGHT IN SW, Fridays, 6 p.m.-9 p.m. Various jazz musicians and singers featured each Friday, \$5. Food for sale. Westminster Presbyterian Church, 400 I (Eye) St., SW (202) 484-7700.

WASHINGTON STAMP COLLECTORS CLUB, 7 p.m.-9 p.m. First and third Wednesday each month. Buy, sell, and trade stamps. Refreshments, auctions, and programs. Christ United Methodist Church, 300 block I (Eye) St., SW (202) 291-6229.

Please submit calendar items for November events by email to editor@thesouthwester.com by October 15, 2011.

The Southwester

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Blotter

By John McGrath

Highlights of Monthly PSA 104 Meeting, Thursday, Sept. 15

■ Participants: Commander David Hickson, First Police District (ID); Lt. Nicholas Gallucci, Sgt. Michael Architzel, MPO Maurice Thompson and other officers of PSA 104; Officer K.D. King and other Public Housing Police; and 40 Greenleaf Seniors residents and other citizens.

■ Commander Hickson introduced himself to the community by saying that he started his career in ID and PSA 104 (formerly Beat 28). Hickson noted that all officers have been working 12 hour shifts in response to a national terror alert.

■ Gallucci reviewed the crime statistics for August 2011 compared to July 2011 which indicated high closure rates for cases of robbery, assault with a deadly weapon and burglary. Overall, PSA 104 shows a significant crime reduction rate compared to all other PSAs in ID. Year-to-date crime statistics (Jan. 1, 2010 to Aug. 31, 2010 versus Jan. 1, 2011 to Aug. 31, 2011) show Part II assault (a misdemeanor) is down 50 percent (10 vs. 20), robbery is down 6.1 percent (46 vs. 49), Assault with a deadly weapon is up 12 percent (37 vs. 33), burglary is up 17.9 percent (33 vs. 28), theft is up 37.1 percent (170 vs. 124), theft from auto is down 57.9 percent (48 vs. 114), but stolen auto is up

27.3 percent (56 vs. 44). Gallucci noted that PSA 104 is making progress in reducing bicycle thefts. He also noted that incidents of stolen automobiles are not concentrated in any one location in PSA 104.

■ Residents of Greenleaf Seniors Building expressed concerns about lax building security, specifically in regards to alleged illegal activity in high rise hallways and grounds and inadequate lighting on the grounds. These same two concerns were expressed at PSA 104 meetings in 2009 and 2010. The police stated that they are not responsible for patrolling any individual building, however, Hickson offered ID assistance to broker a meeting between Greenleaf Seniors resident leadership and public housing management to seek solutions to these ongoing problems. Officer K.D. King, Public Housing Police (PHP) reminded residents to call 911 for illegal activity (you can remain anonymous if you wish) or you can contact PHP on a non-emergency basis at 202-535-2575.

■ Hickson noted there will be minimal changes to the boundaries of PSA 104 (part of a pending realignment of the DC police districts and PSAs citywide to equalize police workload). Also, PSA 104 will likely be renumbered as PSA 105 in 2012.

■ A resident of River Park Coop who is also employed at 700 Seventh St., SW (Town Square Towers Condo) complimented Gallucci on the response time to 911 calls based on her personal observation. The next meeting will be held Thursday, Oct. 20, from 7 to 8:30 p.m., Potomac Place Condo, 800 Fourth St., SW.

Support grows for Southwest Playground Project

By Felicia Couts

By now, most Southwest residents have heard about the efforts of the Southwest Playground Project (SWPP), a project of the Near SE/SW Community Benefits Coordinating Council, to bring a safe, public playground to the D.C. owned park fronting the Southwest Neighborhood Library at Third and I (Eye) streets, SW.

The SWPP has more than 40 resident volunteers -- some parents -- who have consistently offered support since January 2011 to make this dream a reality. Volunteer architects have donated hours of research and fact-gathering to put the group's ideas on paper. The group will soon meet with an architect who will provide additional expertise for the site and the group's concepts. Volunteers with communications backgrounds have spread the word to the community through various social and written media, including community canvassing. In addition, volunteers have contributed their creative ideas to help reach our fundraising goal of \$150,000.

The SWPP also has the support of community businesses. Station 4 was the first to make a generous donation of \$1,200 from its soft opening in June. Safeway quickly followed with a \$5,000 grant from its foundation in August. Most recently, the Mandarin Oriental

Hotel raised more than \$38,000 through the FANTastic March 10K walk/run on Sept. 18. The CSX Corporation has also donated \$1,000. SWPP also has the support of Make Kids Smile, a Rockville-based non-profit that helps communities build playgrounds; they will provide a \$15,000 grant to help purchase play equipment.

Most importantly SWPP has the much-needed support of the families who live in Southwest. Southwest residents are showing their strong support and approval for this grassroots effort with many signatures on a general support letter, and letters of support from the Southwest Neighborhood Library, Capitol Park IV Condominium, Greenleaf Gardens Extension, Harbour Square and the Southwest Neighborhood Assembly Youth Activities Task Force. More support letters are expected from the Friends of the Southwest Library, Capitol Park Apartments and Ward 6 Councilmember Tommy Wells' office.

Stay alert for more information about SWPP's upcoming community meeting with the D.C. Department of Parks and Recreation where the group will unveil their proposed plan and obtain some pertinent design input from residents.

To learn more visit www.swdcplayground.blogspot.com or contact Felicia Couts, Project Manager, at swplaygroundproject@gmail.com.

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Successful SWArtsFest draws crowds

The rain held off on the weekend of Sept. 23 as the SWArtsFest drew residents and visitors alike to its many events. The (e)merge art fair anchored the events to the east with a diverse display of structural and sculptural art. Various religious institutions in the neighborhood, including St. Augustine's and Westminster Presbyterian, sold crafts and food, set up activities for children and provided music. The weekend was praised by many attendees who hoped for many ArtsFests in future years.

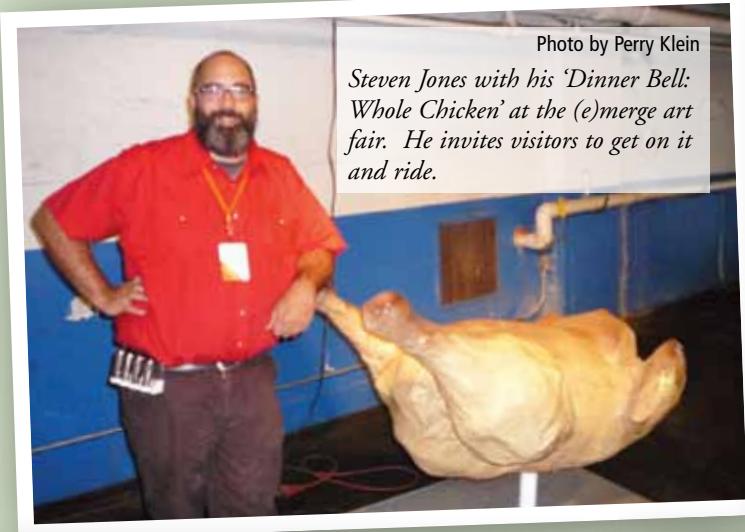


Photo by Perry Klein
Steven Jones with his 'Dinner Bell: Whole Chicken' at the (e)merge art fair. He invites visitors to get on it and ride.



Photo by Perry Klein
D.C. artist Patrick McDonough stands with his 'Doghouse' at the (e)merge art fair at the Capitol Skyline Hotel.

Photo by Perry Klein
Sam Shea, a member of the Maryland Institute College of Art's Copycat Theater, poses inside 'The Queen's Game' by the Maryland Institute College of Art's Copycat Theater. Here is, one of five members of their Performance Troupe posing inside.



Photo by Perry Klein
Dancers demonstrate hand dancing at Arena Stage. Classes were also offered.



Photo by Fred McBride

St. Augustine's provided a table for face painting at their End-of-Summer Fair, part of SWArtsFest.



Photo by Saadia Athias
Hoffman Madison Waterfront hosted a sock monkey art studio Saturday and Sunday. The event was popular with kids and adults alike.



Photo by Saadia Athias

Food was not hard to locate at the SWArtsFest. Here volunteers serve up treats at the St. Augustine End-of-Summer Fair.



Photo by Saadia Athias
The Second Baptist Church celebrated SWArtsFest with a vibrant yard sale.



Photo by Perry Klein

Carolyn Crouch of Washington Walks led tours of the Southwest Heritage Trail.

Development news

By William Rich

■ Marketing has begun for the commercial space at 400 E St., SW a planned office building across the street from the new Consolidated Forensic Laboratory. The 165,000 square-foot building will contain on its ground floor a new firehouse for Engine 13.

■ Z-Burger is scheduled to open at Waterfront Station in mid-October. The Southwest restaurant will be the local chain's third store in the District of Columbia. In addition to burgers and fries, Z-Burger serves shakes and malts.

■ The National Geospatial Intelligence Agency at the southeast corner of 1st and M streets, SE has vacated their building as a result of the Base Realignment and Closure (BRAC) process and have moved to Fort Belvoir. Eventually, the building will be replaced with a new office building as a part of the Yards development.

■ FYI (Frozen Yogurt Indulgence) and a new post office are the latest retailers to open at L'Enfant Plaza. "Coming Soon" signs have been spotted for other retailers, including Starbucks, Moe's, Five Guys, Mamma Ilardo's, Gourmet Too, Gateway Newsstands, Jay's Jewelers, Mina's Boutique and Nash's Mens Wear. CVS, Hallmark and McDonald's will be returning to the renovated retail center as well.

■ Operations at the Florida Rock site to the south of Nationals Park along the Anacostia River are winding down. Demolition should begin on the site soon so it can be prepared for construction of a mixed use project called RiverFront on the Anacostia, where an apartment building should be getting underway by Spring

2013.

■ The DC Housing Authority has filed a request with the Zoning Commission for a time extension to construct the mixed-income apartment buildings it has planned for the north half of Square 882 (along L Street, SE between Fifth and Seventh) and the north half of Square 769 (between Second and Third streets, SE on L just east of Canal Park) in the footprint of the old Capper-Carrollsburg housing complex.

■ The Zoning Commission has approved the Stage One PUD application for The Wharf development. Hoffman-Madison Waterfront will submit the first of several Stage Two PUD applications starting in 2012.

■ The Camden South Capitol apartment building under construction across the street from Nationals Park has launched a website for the project (www.camdensouthcapitol.com). Planned unit features listed on the website include: Energy Star stainless steel appliances, electric oven ranges with ceramic glass cook tops, solar shades, 42" upper cabinets, double vanities in select units, garden soaking tubs and stand-up showers in select units. Community features will include a rooftop pool with BBQ grills and outdoor fire pit, cyber cafe and a resident gaming lounge with kitchen.

News from Southwest was adapted from the Southwest...The Little Quadrant That Could blog (www.southwestquadrant.blogspot.com) and Near SE news was adapted from the JD Land blog (www.jdland.com/dc)

Wharf developers hold park discussion

By Erin Fitzgerald

The Hoffman-Madison Waterfront (HMW) team hosted the first of two charrettes on Sept. 14 to discuss the plans for a Waterfront Park that will be developed as a part of the first phase of Wharf development. The park will be built on a 2.2 acre lot located behind the current St. Augustine's Church.

HMW asked ANC commissioners to invite select representatives of their communities to join in the charrette. Attendance was by invitation only and the evening was hosted by HMW team at their headquarters on Water Street, SW.

HMW planned the charrettes because of their strong desire for the park to be developed in the interests and desires of the community.

Those invited were introduced to the team of impressive landscape architects who will carry out the final design. The team consists of Nelson Byrd Woltz, a firm located in Charlottesville, and Lee and Associates located in D.C. Nelson Byrd Woltz' portfolio includes CityGarden in St. Louis, MS; the Flight 93 National Memorial in

Shanksville, PA; Orongo Station in New Zealand; and the Dell at the University of Virginia in Charlottesville, VA. Lee and Associates portfolio includes the Pentagon Memorial in Arlington, VA; the Kingman Island Environmental Center in Washington, D.C.; Mecca in Saudi Arabia; and the USDOT headquarters in Washington, D.C.

At the Sept. 14 meeting attendees were split into two groups. Half went with Warren Byrd from Nelson Byrd Woltz while the other half went with Jeff Lee from Lee and Associates. The two groups separately discussed and drew some rough sketches on what elements they hoped to see in a park at that location. The groups also discussed the atmosphere they hoped the park would have. At the end of the meeting the groups met back together and presented what they each had separately discussed.

These groups will meet again in October for a second charrette. Again, only those invited are allowed to attend. More details about specific aspects of the park will follow the second charrette once the architects are able to turn the many suggestions into a feasible plan.

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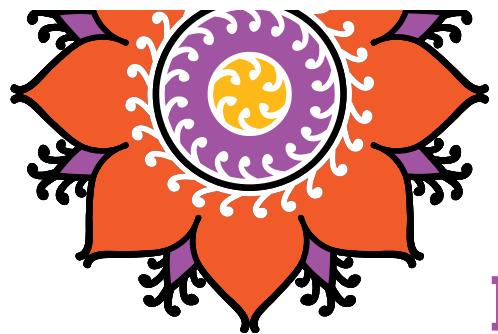
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Waterfront Workouts from 9-11am

October 1

YaLa Dance with Laurent Amzallag (9am)

Flow Yoga with Jessica Weiss (10am)

October 8

YaLa Dance with Laurent Amzallag (9am)

Flow Yoga with Jessica Weiss (10am)

October 15

YaLa Dance with Laurent Amzallag (9am)

Flow Yoga with Jessica Weiss (10am)

October 22

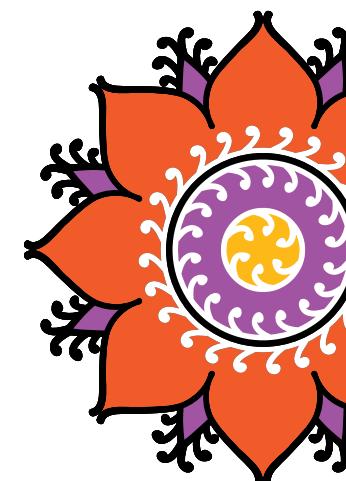
YaLa Dance with Laurent Amzallag (9am)

Flow Yoga with Jessica Weiss (10am)

October 29

YaLa Dance with Laurent Amzallag (9am)

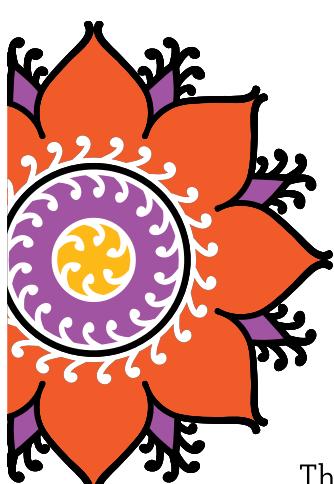
Flow Yoga with Jessica Weiss (10am)



Saturday activities also include a food and beverage concession by King Ribs BBQ, Bean Baggo and Table Tennis. The Wharf is also a FREE neighborhood WIFI hot spot.

The Wharf Yoga classes are produced by Flow Yoga Center.

The Wharf Yala Fitness classes are produced by Laurent Amzallag.



The Wharf is a \$2 billion, world-class, mixed-use waterfront development located on the historic Washington Channel in the Southwest Waterfront neighborhood. The redevelopment area stretches across 27 acres of land and 24 acres of water from the Municipal Fish Market to Fort McNair. When complete, it will feature approximately three million square feet of new residential, retail, office, hotel, cultural, and public uses including waterfront parks, promenades, piers, and docks.

The Wharf is a large-scale waterfront neighborhood developed by Hoffman-Madison Waterfront as part of the District of Columbia's Anacostia Waterfront Initiative. The Wharf development team is led by PN Hoffman and Madison Marquette and is comprised of ER Bacon Development, City Partners, Paramount Development, Struever Bros. Eccles & Rouse and Triden Development. Groundbreaking is scheduled for 2012 and the first phase of The Wharf is scheduled to open in 2015. More information is available at www.wharfdc.com.

THE WHARF

SOUTHWEST WATERFRONT

www.wharfdc.com

Southwest resident Thelma Jones brings breast-cancer awareness, support to neighborhood

By Jessica Mark

One of Southwest's only breast cancer support groups got its start because of a community need – and a rumor. "Sometimes I would invite people to my house or out on the stoop to talk about breast cancer, and people started saying I had a support group – so I created the breast cancer support group," said Thelma Jones, breast-cancer survivor, breast-cancer navigator for Smith Center for Healing and the Arts and 30-year community activist.

October marks Breast Cancer Awareness Month, a time to reflect on how far D.C. still has to go in raising awareness and action against breast cancer. The District ranks third in the country for breast cancer deaths, and cancer is the second leading cause of death among women in D.C., according to the Centers for Disease Control and Prevention. While white women are at a higher risk of developing the disease, black women are at greater risk of dying from it.

Jones was diagnosed with breast cancer in June 2007. She went to see her primary care doctor, and the doctor gave her a referral.

"I had so much on my mind, I only half-way heard her," Jones said. "It wasn't until a week later I was cleaning out my purse, and I saw the card that said 'surgical oncologist,' that I thought, 'why would I need an oncologist?'"

After three expert opinions, several rounds of chemotherapy, surgery, radiation, hormonal therapy and countless treatment side effects, Jones took her experience to the streets to help the community. An educated woman who spent 33 years working for the World Bank, Jones knew how to navigate the healthcare system to get the best possible care, and the active part she took in her own care is a testament to how well she is doing today.

But Jones knows that not everyone is as lucky as she is. That's why she decided to use her experience as a breast cancer survivor to give back to her community.

While undergoing radiation treatment not



Thelma Jones

long after being diagnosed, Jones began training with the American Cancer Society to become a certified breast-health educator and to work with newly diagnosed cancer patients. Now, as a trained breast cancer navigator, Jones has 18 to 20 clients who she helps find care, schedule mammograms, counsel and, importantly, become an advocate for their own care by asking critical questions like she did.

Jones says the women she works with mostly east of the river at Union Temple Baptist Church and in Southwest face incredible challenges like difficult choices between paying for electricity or for cancer medicine, and many mistrust the healthcare system that previously failed or excluded them.

"The fear factor and the lack of trust of doctors, sometimes I think that's even greater than society knows," said Jones.

As a breast cancer navigator, Jones has the

opportunity to offer a voice to the voiceless.

"I explain that their feelings are real, and that's why it's important to find a doctor you trust," Jones said. Some people are very uncomfortable with asking their doctors questions. I tell them 'you are the best advocate for your health.' I really try to listen to help allay their fears.

"I'm really succeeding gradually. One woman called on Friday to tell me she had her mammogram because of me. And it came out fine."

Jones is constantly reminding her clients and the rest of the Southwest community that screening saves lives. Her goal is to be able to walk down the street or through the Safeway and hear, "Ms. Jones, I got my mammogram!" everywhere she goes.

Women age 40 and older should have mammograms every year according to the American Cancer Society, and those at high risk because of a family or personal history should talk with their doctors about starting earlier. Jones urges women to celebrate Breast Cancer Awareness Month by getting checked and by joining her in the American Cancer Society Making Strides Against Breast Cancer walk on Sat., Oct. 29, at the Sylvan Theater on the National Mall.

Registration begins at 9 am. For questions or to join the Thelma Jones Faith Striders Team, email tjones15@verizon.net or call 202-488-3746. Jones aims to have 59 people on her team – one for each year of her life.

"[Breast cancer] eats away at you – but it also changes your whole life and focus," Jones said. "You also get to appreciate life differently."



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Foreign policy discussion group to resume in January 2012

By Coralie Farlee

Several spaces are still available in the 2012 Southwest Foreign Policy discussion group. For almost 10 years, the Southwest Foreign Policy discussion group has met to discuss topics developed by the Foreign Policy Association (FPA) under the "Great Decisions" title. The selected topics educate the group on the relationships between the United States to the world.

Discussions are lively, friendly, nonpartisan, stimulating and genuinely fun. No member of the "Great Decisions" group is an expert, but all read the material in advance and are open-minded and enthusiastic. The material typically consists of ten pages of reading with several references which may also be presented and discussed. The group may also invite a knowledgeable resource person. At the conclusion of each session, the group responds to questions prepared by the FPA. Answers are reviewed and tabulated by the FPA which sends results to for-

ign policy administrators and retains the results for next year's discussion groups. For more than sixty years, the FPA has engaged in thoughtful discussion of foreign policy issues and educated people in the United States and abroad about the shape of foreign policy discussion.

The Southwest D.C. FPA group will meet at a private home in River Park Mutual Homes, Inc. near Fourth and O streets on Wednesdays from January to June and will cover the eight topics developed by the FPA. Topics and dates for 2012 include the following: Middle East realignment on Jan 25; Promoting democracy on Feb 15; Mexico on Mar. 7; Cybersecurity on Mar. 28; Exit from Afghanistan and Iraq on Apr. 18; State of the oceans on May 9; Indonesia on May 30; and Energy geopolitics on Jun. 20.

Contact Coralie Farlee at 202-554-4407 or cfd13@yahoo.com for further information, to order the 8-topic study guide (\$20) and to reserve a space for 2012.

The Book Club Play a treat for readers and non-readers alike

By Sheila Wickouski

Almost three dozen books will be mentioned in Karen Zacarias' comedy, *The Book Club Play*. They range from masterpieces by Miguel de Cervantes, Leo Tolstoy and James Joyce to recent bestsellers by Dan Brown and J.K. Rowling. Women writers are well represented: Emily and Charlotte Bronte, Edith Wharton, Margaret Mitchell, Toni Morrison and Maya Angelou. Adventure stories and self-help books, crime and children's classics all get tossed in to the mix of books, too.

It doesn't matter if you haven't read any of them or even for that matter if you haven't read a book in awhile. This play is not called The Reading List. This is a play about life which is what the books in the play, each in their own way, are about.

Kate Eastwood Norris stars as Ana, a type-A woman with an adoring husband, a perfect job and a great passion for books. Those who have seen Norris at the Folger Theater and Woolly Mammoth, know that she gets A's for her acting every time.

Nothing is more fun then when circumstances upset such a perfect life. Or in the case of a book club, when people start reading between the lines.

The ensemble cast includes Fred Arsenault, Ashlie Atkinson, Rachael Holmes, Eric Messner and Tom Story. Together they cover 14 roles from the book-related like literary agent and librarian to the bizarre characters of sky diver, shark bite survivor and secret service agent.

Director Molly Smith described The Book Club Play as a "Chinese box" of a play within a piece of literature, within a documentary, within



Photo by Scotty Beland courtesy of Arena Stage.

The ensemble of *The Book Club Play* by Karen Zacarias at Arena Stage stars (from left to right) Tom Story as Will, Rachael Holmes as Lily, Fred Arsenault as Alex, Kate Eastwood Norris as Ana, Ashlie Atkinson as Jen and Eric Messner as Rob.

people's lives." She added, "in some ways the theater is just one big book club."

The Book Club Play is certainly a wonderful chance to go to both in one evening.

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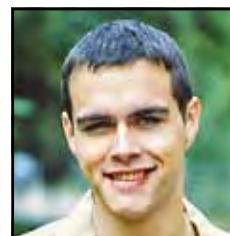
WHAT: Karen Zacarias' *The Book Club Play* Kogold Cradle at Arena Stage from Oct. 9 to Nov. 6.

TICKETS: \$55 to \$85, subject to change and based on availability, plus applicable fees. Tickets may be purchased online at www.arenastage.org, by phone at 202-488-3300, or at the Sales Office at 1101 Sixth St., SW, D.C. For information on savings programs such as student discounts, Southwest Nights, Pay-Your-Age tickets, Family Fun Packs, HOTTIX and Hero's Discounts, visit www.arenastage.org/shows-tickets/single-tickets/savings-programs.

WHEN: Southwest Night will be Friday, Oct. 21, at 8 p.m. Regular performances are Tuesday, Wednesday and Sunday at 7:30 p.m.; Thursday, Friday and Saturday at 8 p.m.; Saturday and Sunday matinees at 2 p.m.; And weekday matinee at noon on Tuesday, Nov. 1.

Pro Biceps Training

By Derrick Inglut



A lot of people at the gym prefer to stick to the basics of what they know when it comes to training biceps. I see most people perform standing biceps curls partly because they are easier than seated curls or preacher curls. It's important to know that weight is not everything when training biceps. In fact range of motion should always take priority over weight. Focusing on this priority and incorporating proper technique will help your biceps stand out from the rest.

As mentioned earlier, the preferred exercise of choice for most people is the standing bicep curl. While curls of this kind are not bad all together, they lack of any real support to hold your body steady while the arm moves, thus allowing other muscle groups to do most of the lifting. It is also common for novices to perform these curls with 50 percent range of motion or less, typically by locking up the elbow at half way down the curl. This forces the shoulder to perform the rest of the movement. If you have to work these areas anyway, that's not so bad. However, if you purely want to focus on your biceps, there are better paths to take.

One option is a seated curl. By doing seated curls, you largely eliminate the rocking motion common with standing curls. This allows you to focus more closely on the bicep itself and less on holding yourself steady while you curl it up. It is a partial isolation technique and works well when performed throughout the full range of motion. This would require that you start the curl with your arm at a dead hang and return the curl to nearly your starting point every time. The initial 20 to 30 percent of motion from the bottom provides the most resistance and stimulates the fibers of the bicep over the largest range. Biceps that are trained with a full range

of motion tend to have a more elongated fiber.

If it's total isolation you are looking for, the preacher curl (this is the bench where you rest your elbows on) wins the prize. What's great about this bench is that it isolates your body nearly 100 percent. Performing a 20 pound preacher curl feels similar to performing a 40 pound standing curl in terms of difficulty. Here your biceps get the resistance and isolation they need to cause adequate muscle fiber stimulation for growth. Try using an EZ curl bar. Not only does it tend to be easier on the wrists, but it also works the forearms and biceps more thoroughly. This is largely due to the ability to tilt the wrist outward (not possible on a straight bar). Try to focus on starting the curl with your forearms and finish the remaining 80 percent of the curl with your biceps.

Be sure to practice proper technique on the bench by following these simple guidelines.

■ Position the seat as low as comfortably possible to maximize isolation on the bicep. You should feel very short when sitting down.

■ Do not allow your butt to leave the bench at any period of the set except when initially picking up the bar.

■ Be sure to work the bicep through the full range of motion. Try to bring the bar almost to the bottom of the rep, stopping about 90% down to keep tension on the bicep.

■ Be sure to start with lighter, high rep sets to warm up the muscle and build up to heavier weight gradually. Never jerk the weight up.

■ Try to control the weight down at half the speed that you brought it up.

■ If you reach failure in fewer than 10 reps (excluding warm up sets), this is likely the right weight to stimulate the fast twitch muscles responsible for size and growth.

Amidon-Bowen PTA plans projects to support school

By Meg Brinckman

More than 50 parents attended the Amidon-Bowen Elementary School Parent-Teacher Association's third meeting of the 2011-2012 school year on Sept. 20. The meeting began with a promise that all parents and guardians of current Amidon-Bowen students are automatically members of the association and are encouraged to participate in activities. Teachers and community members are included in the "big tent" of willing individuals that will make Amidon-Bowen the school the community deserves. Marty Wells, who called the meeting, said the election for officers will be held at a later date when the organization has had time to solidify.

Principal Izabela Miller welcomed the group and gave an overview of the meaning of Title I status for Amidon-Bowen. Title I makes funds available to the school to increase learning time and help provide resources for improving performance. A "School Improvement Team" is being formed to work with the staff members on a plan to use these funds. Miller said parents need to be involved with this team because it will have a direct effect on how the funds are spent this year.

Plans for the Fall Fun and Fitness Day, scheduled for Oct. 29 from 9 a.m. to noon, were



Photo by Meg Brinckman

Volunteers set up Amidon-Bowen auditorium for "Meals for Minds," a food distribution program for qualifying families sponsored by Target and Martha's Table.

announced. The Waterside Swim and Fitness Center will direct a fitness session specifically for children at 9 a.m. that day. Younger children will have an opportunity to participate in academic games, a talent show and a Halloween Costume Parade.

Thelma Jones, Breast Care Community Navigator and long-time advocate for youth in the

community, provided information about the availability of support programs for women and men.

The meeting concluded with a "Property Walk" to give parents ideas for projects that they can become involved in to improve the appearance of the school which should positively influence how children and the community feel about it.

The "Meals for Minds" food distribution for qualifying families followed the business meeting. This program, jointly sponsored by Target and Martha's Table, will continue on a monthly basis through out the school year.

The work of the PTA is not all meetings. A "Stick Drag" was scheduled for Saturday, September 24th. The weather cooperated and a group of parents spent several hours dragging sticks and branches to the curb that had previously been cleared from the edges of the playground. This simple activity is an example of how the community and parents alike can make a contribution. Many said the event was fun.

For information about becoming involved with Amidon-Bowen's "School Improvement Team" or other opportunities for involvement contact Principal Miller at 202-724-4867 or by email at

izabela.miller@dc.gov.

For more information about breast-cancer support contact Jones at 202-251-1639.

Volunteers needed at Amidon Bowen!

7 a.m. to 6:30 p.m. (except 9 a.m. to 9:45 a.m. and 11:30 a.m. to 12:30)

Needs:

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- Vocabulary/decoding/comprehension
- Multiplication/addition/subtraction/fractions
- Supervision of Computer based programs

Volunteers must be:

- Highly motivated
- Hard to discourage
- Patient
- Love working with children
- Know how to say NO

Contact Lavanya.Poteau@dc.gov or 202-724-4867 to volunteer



Parents and kids moved a huge pile of branches from the Amidon-Bowen playground to I Street for collection. The Saturday morning "Stick Drag" was organized by the PTA.

Notes On the Nats: A Surgical Repair for Throwing Errors

By Zev Feder

Some baseball fans may have noticed that during this season Ryan Zimmerman has significantly improved his defense as a result of an adjustment he made to his throwing technique. Here is how that came about.

In April of this year Zimmerman tore his abdominal oblique muscle, which was repaired surgically and required a two-month period of rehabilitation before he could return to the Nats lineup. In order to alleviate stress on the muscle and prevent reinjury, he altered the throwing technique that he used during routine third-to-first plays. Prior to the surgery Zimmerman frequently threw with a sidearm motion. Occasionally, but too regularly, his throw would draw the first baseman off the bag, either towards home plate or the other way towards right field. This was because, when you throw sidearm, releasing the ball too early will send the throw to the right of your intended target, while holding onto the ball a little too long will force the throw over to the left. That became a chronic problem that proved difficult to overcome.

However, switching to an overhand throwing motion, as a result of the rehabilitation process, not only was easier on the repaired muscle but has also solved the throwing inconsistency. That is because the directional variability in an overhand throw as a result of release point location is vertical rather than horizontal, affecting the height of the throw rather than a left/right error.

Zimmerman also has a non-traditional preference for catching grounders to the side rather than, when possible, attempting to get centered in front of the ball. And he uses a glove technique to his side of dropping the glove to ground level and raising it to adjust to the hop. When this works, the play looks real sharp. But I think staying down in front of the ball, or moving the glove directly to the side to stab a grounder hit there, as other gold-glovers as well as amateurs have done for decades, would plug what may be the only other hole in his defense and complement the acrobatic plays that he thrills us with regularly.

How can an amateur coach think he can tell an amazing third-baseman like Ryan Zimmer-

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Continued on Page 11

Religious Calendar

Galilee A.M.E. Church

Worshipping at St. Augustine's Episcopal Church, 600 M St. SW 202-258-6812
Rev. S. Isaiah Harvin
Sunday: 2 p.m.
Wednesday: Bible Study 7:30 p.m.

Bethel Pentecostal Tabernacle of the Assemblies of God

60 I St. SW 202-251-5137
Pastor Fitzgerald Carter
Sunday: 10:45 a.m.; Friday Prayer and Bible Study: 8 p.m.

Carron Baptist Church

1354 First St., SW 202-484-3172
Pastor Lester W. Allen
Sunday: 11 a.m.
Tuesday: Noon Day Prayer, 7:30 p.m. Bible Study

Friendship Baptist Church

900 Delaware Ave. SW 202-488-7417
Rev. Dr. J. Michael Little, Pastor
Sunday: 9:30 A.M, Sunday School; 11 a.m. Morning Worship
Tuesday: 7 p.m. Prayer Service and Bible Study

Riverside Baptist Church

Seventh St. and Maine Avenue SW 202-554-4330
Pastor Michael Bledsoe, Ph.D.
Sunday: 10 a.m. with Bible Study at 9 a.m.

St. Matthew's Baptist Church

1105 New Jersey Ave. SE 202-488-7298
Rev. Dr. Maxwell M. Washington, Pastor
Sunday: 8 a.m. Sunday School; 9:05 a.m. Worship Service
Tuesday: 7 p.m. Prayer Meeting & Bible Study

Second Baptist Church Southwest

First & M streets, SW 202-484-3112
Pastor C.L. Brown
Sunday: Church School 8:30 a.m.; Morning Worship: 9:45 a.m.
Wednesday: Bible Study noon and 7 p.m.

Second Union Baptist Church

1107 Delaware Ave. SW 202-484-7012
Rev. William Harrison, Pastor

Sunday: 9:00 a.m. Sunday School, 10:15 a.m. Worship

St. Dominic Catholic Parish

603 E St. SW 202-554-7863
Fr. George Schommer
Saturday: 5:15 p.m.
Sunday: 8 a.m., 10:45 a.m., 12:15 p.m. (Spanish), and 5:15 p.m.

St. Vincent de Paul Catholic Church

14 M St. SE 202-488-1354
Fr. Richard Gancayco
Sunday: 8 a.m.
Mon. and Fri.: 12:10 p.m.

St. Augustine's Episcopal Church

600 M St. SW 202-554-3222
Rev. Martha Clark
marthakclark@yahoo.com
Sunday: 9:30 a.m.
Tuesday: 6:30 p.m. Evening Prayer

St. Matthew's Lutheran Church

Worshiping at First Trinity Lutheran Church, 501 Fourth St. NW at Judiciary Square 410-375-5053 (cell)
Pastor Phillip Huber
Sunday: 10:30 a.m.
Thursday: 6 p.m.: Bread and Soup, 6:45 p.m.
Evening Prayer

Christ United Methodist Church

900 Fourth St. SW 202-554-9117
Rev. Adrienne Terry
Sunday: 10 a.m.
Thursday: 12 noon & 6:30 p.m., Bible Study

St. Paul African Union Methodist Protestant Church

401 I St., SE 202-997-3049
Rev. Karen Mills
Sunday: 11 a.m. and 3 p.m.

Westminster Presbyterian Church

400 I St. SW 202-484-7700
Co-Pastors: Rev. Ruth Hamilton and Rev. Brian Hamilton
Sunday: Worship 11 a.m.
Blue Monday Blues: 6 - 9 p.m.
Wellness Wednesday Yoga: 4 - 8 p.m.
Friday Jazz Nights: 6 - 9 p.m.

Redevelopment of St. Matthew's

By Brandon Fuller

Development in Southwest has come in the form of new restaurants, retail, theater and a sports venue. By the end of 2013, one new project could bring a church, apartment building, coffee shop, community center and outdoor gathering space. This ambitious effort is the redevelopment of the St. Matthew's Evangelical Lutheran Church on the vacant lot at the corner of M Street and Delaware Avenue.

Once complete, the development will feature 220 apartments in a high-rise building modeled after the architectural style unique to Southwest's residential buildings. The apartment building will feature modern amenities like a screening room and gym. Although most of the apartments will rent at market prices, at least 10 percent of the units will be affordable as prescribed by the Planned Unit Development (PUD) process. However, St. Matthew's hopes that these units can be targeted for firefighters, police officers, teachers and others who serve our community but struggle to afford sky-high Washington prices.

The apartment building acts as an economic engine for construction of the community center and church. The community center, which will be named the Thurgood and Cecelia Marshall Southwest Community Center, is a flexible space that will serve many needs in Southwest. Computer and multimedia facilities will be used for after-school learning opportunities and adult education. There will be a coffee shop for social gatherings like book clubs or concerts. St. Matthews has a longtime partnership with Arena Stage and is appreciative of their support of the new project and the assistance they will provide to design the new sanctuary in a man-

ner that will allow it to host drama and musical performances.

The church building itself provides ample, sacred space for meditation and spiritual reflection. Inside, the community will find unique architectural artistic renderings inspired by the theology of baptism and the concept of renewal. Colored cut glass from the previous St. Matthews building has been preserved and will be used in the new structure. A courtyard with a communal seating area, reflecting pool and garden will connect the unique stacked-stone church building to the community center.

Pastor Huber views the new circular-shaped church as a continuation of the unique architectural approach St. Matthews took with its former building. The circular style stands in contrast to the square buildings throughout Southwest and acts as an anchor on the southeast corner of the neighborhood; Arena Stage's circular structure anchors the northwest corner.

St. Matthews submitted its formal PUD paperwork at the beginning of the summer. Pastor Huber is hoping for a formal ANC hearing on the plans later this fall. Over the course of next year, St. Matthews will be working with the Zoning Commission in anticipation of a late 2012 construction start date.

Overall, Pastor Huber views the project as more than a St. Matthews renovation.

"We are building this for the community so that every line drawn in this \$4.4 million plan is drawn to serve Southwest."

If you would like to help the redevelopment of St. Matthews, you are encouraged to write a letter of support to the Zoning Commission.

For more information on that process, contact Pastor Huber at stmatthewsdc@hughes.net.

A new take on The Four Seasons



Joyce Bouvier, St. Augustine's pianist.

St. Augustine's Episcopal Church kicked off a new season of the Art and Spirit Coffeehouse on Wednesday, Oct. 5. The evening at 600 M St. SW features songs with the theme "The Four Seasons," coffee and desserts, and a chance for the audience to ask questions.

Joyce Bouvier, St. Augustine's pianist, was the guest artist for the evening. The program included such timeless and new classics as, "Summer Time," "Autumn Leaves," "Winter Wonderland" and a very special rendition of "Cherry Blossom Time."

"The program has nothing to do with the 18th century's Antonio Vivaldi or his famous violin composition 'The Four Seasons,' but I am grateful to him for my program title and the concept of representing the seasons with music," said Bouvier.

Bouvier was formerly a soloist in several area churches and frequently performs both classical and popular music with the Southwest Chamber Players.

St. Augustine's Art and Sprint Coffeehouse is free and opens on the first Wednesday of the month to showcase artists in their various media as they perform and share how their faith, art and social worldview intersect.

For further inquiries, please call St. Augustine's Episcopal Church at 202-554-3222.

Washington Nationals host baseball clinic to help local youth “get the ball rolling”

By Atu Osei-Chambers

To coincide with the start of National Childhood Obesity Awareness Month in October, the Washington Nationals hosted a youth baseball camp for local D.C. Public School (DCPS) middle-school students in an effort to encourage a healthier, more active lifestyle among the District's youth.

The clinic, which was held during the final weeks of the 2011 baseball season in September, was a joint partnership between the Nationals and Coca-Cola to promote “Live Positively: Get the Ball Rolling,” an initiative designed to educate youth about the importance of living a healthy lifestyle through proper exercise and nutrition.

Nationals third baseman Ryan Zimmerman joined several local youth baseball coaches to lead the students in a number of exercises

throughout the morning and took time to talk about the importance of staying active and making healthy choices.

“Kids these days don’t get out enough and exercise,” Zimmerman said. “If these kids are healthy at a young age, they have a great chance to grow up and be healthy.”

Between running hard sprints during a team relay race and taking part in various baseball drills, 11-year-old Nile Panton was eager to share what she learned from the event.

“I learned how to hold a baseball bat and how to adjust your legs when you hit,” said the energetic Panton. “I also learned that it’s really important to eat healthy because it can help you stay in shape. I like to exercise by playing outside with my friends and playing sports like basketball and track at my school.”

“My favorite event out here was the catching



Photo courtesy of the Washington Nationals

Nationals player Ryan Zimmerman poses with the young women involved in the morning of exercise at Nationals Park.

drill,” 11-year-old Brace Barnes said. “I learned the proper way to catch a baseball and throw it.”

Panton and Barnes’ enthusiasm was exactly what the youth baseball coaches in attendance wanted to see.

“I hope they take with them a new mindset about exercising,” said Kenneth Ward, one of the clinic coaches. “These kids are having fun while they play and exercise. These are the lessons they need to learn now to keep them healthy for a long time.”

DC Dynasty President Antoine Williams, himself a DCPS middle school teacher, was encouraged by the event and believes that the young people participating in the clinic will gain a great deal from this initiative.

“If these kids can make the right choices now, I’m confident they’ll make the right choices later,” Williams said. “I think this clinic will do a lot for their self-esteem, and it builds the excitement to continue doing the right things.”

This is the second consecutive year that the Nationals have teamed up with Coca-Cola on the “Live Positively: Get the Ball Rolling” campaign which launched last year in collaboration with the Washington Capitals, Washington Mystics, Washington Redskins and Washington Wizards. In addition to the Nationals clinic, each of Washington’s professional sports teams will host a clinic in the fall to promote active, healthy living among youth in Washington, D.C., Maryland and Virginia.



Photo courtesy of the Washington Nationals

Ryan Zimmerman gets ready to toss the ball to a participant in the “Live Positively: Get the Ball Rolling” event.

BUS ROUTE

From p. 1

Metro Station to Skyland via Eighth Street, SE.

In addition the Circulator route from Georgetown to Union Station will see some eliminated and consolidated stops, along with one added stop.

For Southeast residents using the Union-Station Navy Yard line, a change in route will begin Monday, Oct. 3. Buses will no longer stop at the Union Station garage level or at stops on Louisiana and D streets, NE. Buses will now stop on Columbus Circle at the flag poles prior to turning right on F Street, NE.

For details on changes visit www.wmata.com and www.dccirculator.com.

ERRORS

From p. 9

man how to eliminate a weakness? Well, it is what it is.

On behalf of our entire neighborhood, I would like to acknowledge and thank the Nationals for all they have done this past season and year within the community.

Nationals round out season with extensive community involvement

By Ron McBee

The Nationals Community Committee is working with the Nationals and the Department of Parks and Recreation to enhance the ballfield at King Greenleaf Recreation Center. This past year the Nationals donated baseball and softball equipment to King Greenleaf and Jefferson Middle School for use by both the girls and boys teams. Additionally Southwest youth participated in baseball clinics including the first math clinic focusing on elements associated with the Nationals and the stadium.

Also the Nationals worked with DC Public Schools to obtain school supplies for each of our schools here in Southwest. The Nationals have adopted Amidon Bowen Elementary School and many members of their staff volunteer once a week with Everybody Wins as mentoring students with their reading. The Nationals for the second year have held Neighborhood Night at a home game where community volunteers are honorees.

They have also sponsored a website for discount tickets for residents and people who work in SW. Additionally they have provided complementary tickets to youth and seniors, which has been a great success. While the Nationals finished two games out of a winning season, we only can look forward to the team getting better! Remember the opening game for next season is April 12th.



The Nationals have recently, with the assistance of DC Water under Director George Hawkins, installed a new all year water fountain (above) at the King Greenleaf Recreation Center (KGRC). Photo by Ron McBee.



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